

January 6 th

FOR IMMEDIATE RELEASE

Tuesday, January 06, 2015

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PRESS RELEASE

STATE HSEM AND DHHS OFFER PRECAUTIONS AGAINST EXTREME WIND CHILL

MUCH OF THE STATE WILL EXPERIENCE TEMPERATURES OF -30 OR BELOW

CONCORD, NH – The National Weather Service (NWS) is forecasting extreme winter weather for the remainder of the week with wind chill temperatures of -30 or below for Wednesday night and into Thursday. Homeland Security and Emergency Management Director Perry Plummer strongly encourages residents and visitors to follow basic cold weather safety tips and to be good neighbors.

- During severe winter weather, stay indoors to the greatest extent possible. If you have to leave your house, plan ahead and make sure you have emergency supplies in your car, including warm clothing in case your car is stuck.
- Wear layers of loose-fitting, lightweight, warm clothing. Several layers of lightweight clothing will keep you warmer than a single heavy coat. Wear gloves (or mittens) and a hat to help prevent loss of body heat. Change wet clothing to prevent loss of body heat.
- Check on elderly relatives or neighbors who may need additional assistance to ensure their safety.
- Walk carefully on snowy, icy, walkways.
- Use caution not to over exert yourself when shoveling snow.

- Cover your mouth with a scarf to protect your lungs from extremely cold air.
- Signs of frostbite include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- Signs of hypothermia include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the individual to a warm location, remove any damp or wet clothing, and put the person in dry clothing and wrap their entire body in a blanket. It is important to warm the center of the body first. If the person is conscious, give them warm, non-alcoholic or non-decaffeinated beverages. Seek medical help as soon as possible.
- Ensure you have sufficient heating fuel, as well as emergency heating equipment in case you lose electricity.
- When utilizing alternate heating sources, such as your fireplace, wood stove or space heater, take the necessary safety precautions and follow the manufacturer's instructions. Keep a fire extinguisher handy; ensuring everyone knows how to use it properly. Test smoke alarms and Carbon Monoxide (CO) detectors.
- If you lose power, close off unneeded rooms, stuff towels or rags in the cracks under doors and cover windows at night.
- To keep pipes from freezing, wrap pipes in insulation, heat tape or layers of old newspapers. Cover the newspapers with plastic to keep out moisture and let faucets drip a little to avoid freezing.
- Learn how to shut off water valves in case a pipe bursts. If the pipes freeze, remove any insulation or layers of newspapers and wrap pipes in rags.
- Disconnect garden hoses and shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.

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